

Cardio- Bluefins Spring 2020

It's absolutely critical that you try your very best to get 30 to 40 minutes of cardio work, 2 times per week. Cardio work is sustained, non-stop or very nearly non-stop, movement. Some other hallmarks of cardio work:

- Doesn't produce very much soreness for a well-prepared athlete. If you did not get much cardio in late March and early April, you may get sore the first time or two, but after that your body will adjust.
- Non-stop movement. At the most, if at all, you could stop briefly every 10 min.
- Breathing starts to get a little uncomfortable, but it's manageable.
- You can talk but only a few words at a time= slightly labored breathing.
- If you are using a heart rate tracker, your target is 130 to 150 beats/min. Ideal target is 140 bpm.

You have to be strong willed here! Mentally tough and ready to accept the challenge. It's really not that hard, but given you are doing this on your own or perhaps with a sibling or parent, it is more difficult than doing with your whole team when a coach holds you accountable. But it is NECESSARY to your athletic fitness during this unusual time.

REMEMBER YOUR GOALS!!!!

Freedom based cardio:

- Bike ride x 45 minutes- HELMUT REQUIRED, BE SAFE.
- Jogging 30 to 40 minutes straight or where you alternate 6 minutes jog/4 minutes walk. Outdoors preferred, treadmill just fine.
- Trampoline 45 minutes or so
- Inline skating, kayaking, etc, etc. If you enjoy the activity and it gets your heart rate going, it's all good!

Video based indoor cardio:

- [Video link](#)—there's a lot more core work mixed in here. The total movement time is down around 25 minutes, but it will work if you can't get outside. Follow along for a great workout.
- [Video link #2](#)- not as much core work, but a lot more lower body strength mixed in. You will find this video in our Strength building section as well.

I believe it's good for your mind/body/soul to get outside and do the freedom based cardio! We have no shortage of indoor video time during the quarantine weeks, so try your best to get outside and move! That said, I've provided 2 main avenues for you to pursue your cardio work.